

# Effect Of Self-Confidence By Self-Talk Skill Training On Anxiety In Korfball Shooting

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**Abstract.** The research aims to study and compare the results of self-talk skills training on anxiety in Korfball shooting and Korfball shooting tests among 40 Korfball players who were selected by simple random sampling and based on the results of the Korfball shooting test scores. The population were divided into an experimental group of 20 players and a control group of 20 players. The experimental group received self-talk skills training with Korfball training, but the control group only received Korfball training. The duration of the training was eight weeks. The Revised Competitive State Anxiety Inventory - 2 (CSAI-2R) was used to measure the anxiety and self-confidence of all of the players and the variable data was measured by mean, standard deviation, an independent t-test and a paired t-test. The results showed the comparison of self-confidence and anxiety regarding the Korfball shooting skills of the experimental group and the control group. The experimental group received self-talk skills, resulting in an increase in self-confidence, which was greater than that of the control group. Regarding the anxiety associated with Korfball shooting, it was found that the experimental group who learned self-talk skills had decreased physical and mental anxiety. It was found that the experimental group, who received self-talk skills, were more capable at Korfball shooting than the control group without the self-talk skills.

**Keywords:** Self Talk , Self Confidence, Anxiety, Korfball

## 1 Introduction

Sports psychology is a branch of sports science that is important and necessary for use in the development of sports people both physically and mentally. This is to develop sports abilities and sportsmanship. Sports psychology involves all sports individuals, including coaches, athletes and sports spectators. It is also an important part of training and competitive because sports psychology helps in the perception of one's own abilities. Feeling good about yourself, your job, motivates you to learn, effectively affecting the development of sports ability.

It also helps to develop a person both physically and mentally.[1] Therefore, all involved, including teachers, coaches and athletes should apply the skills of sports psychology to

competence development their abilities, must be continuously and systematically and understandably until it can be used as part of life.

The ultimate ability of sports depends on three important and interrelated elements: the physical component; Mental composition and environmental elements, Although developing an athlete's physical abilities to their full potential is of the utmost importance and necessity but effectively putting that talent or potential on display in a competitive situation is absolutely necessary because there are psychological factors that are important factors in controlling thoughts, emotions, feelings and self-awareness in various fields, allowing control of physical play to its fullest potential[2]. As[3] research found, sports psychology skills affect the ability and persistence of athletes to compete.

Anxiety with sports competition can occur both before and after competition. It also plays an important role in the competition. Athletes' anxiety will affect their ability of athletes. This will adversely affect the athlete and the outcome of the competition. And anxiety may cause athletes to show abnormal symptoms such as excitement, etc. concentrating on a competition. As [4] study of anxiety in rugby football players found that experimental groups that received mental skills training had less physical and mental anxiety than control groups that did not receive mental skills training. Therefore, self-confidence should be strengthened in athletes.

Self-confidence is an important component of mental performance. It is a factor that is associated with the highest athletic ability. [5] Said self-confidence is a characteristic that is the highest demand for sporting success, according to [6] said that the characteristics of self-confidence are the highest expectations for success in sport. Therefore, strengthening self-confidence can be practiced in many ways. [5] Such as Performance Accomplishments, Acting Confidently, Thinking Confidently, Self -Talk, Imagery, physical training and preparation but self-talk is a popular way to build self-confidence because it is an easy, convenient, quick and suitable for use it in real situations.

Self -Talk is important because it reinforces and reorganizes your thoughts about yourself in a positive way to help athletes gain confidence and self-esteem before competition or sport skills. It will help to develop a sense of control over the situation, which is essential to the outcome of a match. Therefore, all athletes need to know how to create short sentences to talk to ourselves. Good self-talk sentence must be related to a specific, challenging, attainable goal. According to [7] research a study of 150 athletes using self-talk skills, divided into four training topics, found that most athletes used self-talk skills to increase their confidence.

Korfball is a combination of many sports, such as basketball, netball, and handball, etc. by using the basic skills of playing such as shooting, passing, movement, and physical performance. Athletes must have agility, strength and, speed but the most important skill for Korfball is the shooting skills. The Korfball post maximum height is 3.5 meters from the ground. Therefore, training to develop specific skills in sports, physical skill including mental skills, these three skills particularly affect the performance of an athlete, especially when an athlete faces difficult situations or anxiety and stressful situations. Mental skills are very important to the performance of an athlete at that time.

The importance of self-confidence affects athletic ability, and studies show that self-talk skills can increase self-confidence and reduce sports anxiety. Therefore, the researcher is interested in studying the effects of self-talk skills training to increase self-confidence and reduce anxiety

among Korfball players as a guideline for development of the highest abilities of athletes. The researchers hope that this research will be useful in study of self-confidence techniques for anxiety and techniques of athletes mental performance training.

## **2 The Purpose of Research**

- a. To study and compare the effect of self-talk skills training on anxiety and self-confidence in Korfball shooting skills.
- b. To compare the Korfball shooting skills of the self-talk group with those without self-talk skills training.

## **3 Method**

### Participants

Korfball athlete of Srinakharinwirot University 40 participants who participated in 2nd Thailand Korfball Championship and divided the samples in to 2 groups, 20 people each group, selected by simple random sampling (scores from the Korfball shooting test, Sort scores high-low, alternately)

The control group, the group receiving the Korfball training program.

The experimental group, the group received the Korfball training program along with the self-talk training program.

### Instruments

- a. Self-Talk skills training program

#### Self-talk skills

- a) Relax by breathing (Relax)
- b) Stop thinking by following your breath (Stop)
- c) Say it using the words “I know I can (Shoot a goal, shoot the ball straight, shoot into the basket, release the ball with two hands)”

Keywords : Relax, Stop, Talk

Relax by breathing perfectly

Recommended breathing methods that must be breathing from the diaphragm only during training[8]

- a. Athletes must imagine that the lungs are divided into three sections based on the upper, middle, and lower levels.
- b. The athletes try to inhale until the bottom is full first by pulling down the diaphragm and pushing the abdomen out.

c. Then breathe until the middle is full by expanding the chest cavity by lifting the rib and chest higher.

d. Then let the athletes try to take a full breath of the upper by raising the chest and raising the shoulders.

e. All 3 steps must be continuous in the same rhythm. For the first phase of training session may be divided into parts. When athletes can do all three steps and should hurry to train all three parts to be the same step as soon as possible.

f. When the athletes has completed all three steps of breathing, the athletes should hold their breath for a few seconds. Then exhale by contracting the stomach or collapse the stomach. Lower his shoulders and chest to expel the air from lungs. Finally, the athletes should try to contract or inflate the stomach again in order to exhale all the breath. The athletes should feel that the breath in the lungs has been completely expelled.

Stop thinking by following your breath.

The athletes should be focus on their breath, start when your breath touches the tip of your nose, flows through the trachea, lungs, stomach, up to navel and flows out. Try to get athletes to feel the warm air flowing through their body. In case the athletes loses interest and think otherwise, stop and think about your next breath.

At this stage, athletes are only allowed to think about their breath, not thinking about other things, to stop thinking.

Considerations for self-talk skills training

Breathing techniques should be practiced at the beginning of training in a quiet environment, warm and comfortable environment. When athletes have been trained to be fluent, they may be able to train in the other places with external disturbances.

b. The Revised Competitive State Anxiety Inventory -2 (CSAI-2R) created by Cox Martens and Russell (2003) The questionnaire consisted of 17 items, measuring three aspects of somatic anxiety, cognitive anxiety, and self-confidence.

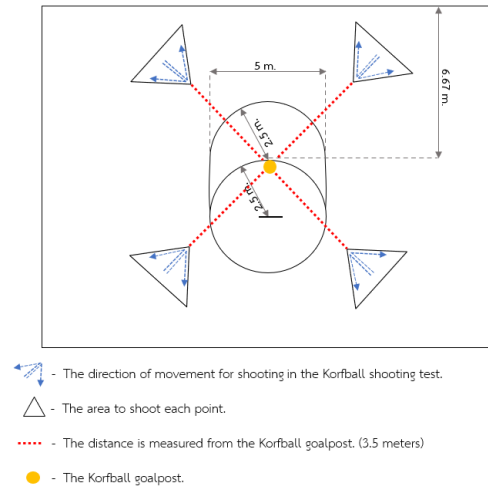
c. Korfball shooting test program

The Korfball shooting test is based on the actual situation in the Korfball sport.

a) In the test, a total of 4 points will be tested, divided into 2 in front of the Korfball goalpost and 2 behind the Korfball goalpost (both points are divided into left and right sides).

b) At each point, the researcher will give the participants shooting a total of 5 shots at each point, a total of 4 points equal to 20 times, and record the results at each point per person.

c) In this test, the researcher will determine the point of standing before the test subject receives the ball and movement in the form of Korfball shooting. Every time the test subject take a shot, they must stand at the point specified by the researcher.



**Figure 1** Shows the pattern of the Korfball shooting test created by the researcher

#### Procedure

The researcher started from give all participants Korfball shooting test in all 4 point, 5 goals each point, and record the results of Korfball shooting test that was obtained to divide the participants into 2 groups: The experimental group and control group. After that, all subjects took the Revised Competitive State Anxiety Inventory-2 (CSAI-2R) for 8 weeks, collecting data for three periods: Pre-test (Week 0), Post4 (Weeks 4), and Post 8 (Weeks 8) by conducting a questionnaire 30 minutes before simulating the competition situation, all 3 times. The experimental group conducts the Korfball training program and after finished the Korfball training program 5 minutes left, the self-talk program will be start immediately, it takes 15 – 30 minutes each session of self-talk skills training, will be conducted 3 times a week, in a total of 8 weeks. The control group completed the Korfball training program without self-talk skills training for 8 weeks.

#### Data Analysis

Take the self-confidence test results, anxiety, and the ability of score Korfball shooting tests in Pre-test (Week 0), Post4 (Weeks 4), and Post 8(Weeks 8) of the experimental group and the control group were analyzed by using a statistical package for the social science (SPSS) as follows: Find the mean ( $\bar{x}$ ) and standard deviation (S.D.) of age, self-confidence, and anxiety of the experimental group and the control group. Test the differences between the experimental group and the control group. In week 0, 4, and 8 using the Independent for t-test was used to test the statistical significance at the .05 level. Test for differences within groups. In week 0, 4, and 8 of the control group and the experimental group by using Paired t-test at a statistical significance level of .05

## 4 Results

Table 1. Compare the anxiety according to the situation between the experimental group and the control group. During Pre-Test(Week0), Post4 (Weeks 4), and Post8 (Weeks 8). Somatic

anxiety found that there was no difference between the experimental group and the control group during week 0 ( $t = 1.12, p > .05$ ) statistically, weeks 4 found a statistically significant difference at  $.05$  ( $t = 2.66, p < .05$ ). However, weeks 8 there was no difference in statistically ( $t = -.67, p > .05$ ). Cognitive anxiety found that there was no difference between the experimental group and the control group during week 0 ( $t = -1.51, p > .05$ ) statistically, weeks 4 found a statistically significant difference at  $.05$  ( $t = .29, p > .05$ ), including weeks 8 there was no statistical difference ( $t = -.64, p > .05$ ). Self-Confidence, it was found that week 0 the difference was found ( $t = -5.03, p < .05$ ) with a statistical significance at  $.05$ , Weeks 4 was found a statistically significant difference ( $t = -4.23, p < .05$ ), and weeks 8 were also found a statistically significant difference ( $t = -.49, p < .05$ ).

CSAI-2R		Control Group		Experimental Group		t	p
		$\bar{X}$	S.D.	$\bar{X}$	S.D.		
Somatic Anxiety	Week 0	1.95	.49	1.80	.38	1.12	.26
	Weeks 4	1.97	.47	1.62	.35	2.66	.01*
	Weeks 8	1.26	.32	1.32	.27	-.67	.50
Cognitive Anxiety	Week 0	2.26	.51	2.52	.56	-1.51	.13
	Weeks 4	2.33	.39	2.28	.66	.29	.77
	Weeks 8	1.80	.62	1.93	.63	-.64	.52
Self-Confidence	Week 0	2.26	.30	2.96	.54	-5.03	.00*
	Weeks 4	2.57	.41	3.22	.55	-4.23	.00*
	Weeks 8	3.25	.31	3.33	.64	-.49	.00*

\* significance level of  $.05$

Table 2. Compare the Korfball shooting skills between the experimental group and the control group. During Pre-Test(Week0), Post4 (Weeks 4), and Post8 (Weeks 8). It was found that the shooting skills between the experimental group and the control group in week 0 was found the difference a statistically significant at  $.05$

( $t = -3.75, p < .05$ ), including weeks 4 here was a significant difference ( $t = -3.21, p < .05$ ) statistically significant at  $.05$ , and weeks 8 was also found a significant difference ( $t = -4.56, p < .05$ ) statistically at  $.05$ .

	Control Group		Experimental Group		t	p
	$\bar{X}$	S.D.	$\bar{X}$	S.D.		
Week 0	2.95	.68	4.30	1.45	-3.75	.00*
Weeks 4	4.35	1.49	6.20	2.09	-3.21	.00*
Weeks 8	4.60	1.53	7.65	2.56	-4.56	.00*

\* significance level of  $.05$

## 5 Discussion

According to the research results, athletes who have been trained in self-talk skills can increase their self-confidence while shooting and the comparison of the self-confidence anxiety effect on Korfball shooting skills between the experimental group and the control group. The results

showed that the experimental group who received the self-talk skills training had increased self-confidence than the control group while shooting. This shows that self-talk was another important skill in sport psychology that can give athletes or coach a sense of self-confidence before competition or athletic performance. According [9] said “When being trained in self-talk skills, it will produce a clear effect, it can cause self-confidence and self-talk as another important skill in sports psychology. It can give athletes self-confidence before competitions or demonstrate their athletic skills because self-talk skills will be manner of repetition and able to organize their thoughts for themselves to be in a better way, self-confidence can be achieved. [7] Sometimes mindfulness and action do not go together. When we talk to ourselves through the thought process. Therefore, when the self-talk is repeatedly emphasized, it will send a message to our body to feel the certainty that it performs the skill. As a consequence, the body will feel relaxed and result in being able to demonstrate or perform that skill to the fullest and have confidence in action.

[10] Self-talk skills affect confidence, and in addition, self-talk also affects many sports depending on the nature of speech.

According to this study was found that it's important to training the self-talk skills while shooting a Korfball and also can increase self-confidence to athletes. [9] Discussed the guidelines for training the psychological skill that 1) Psychological skills must be described and explained until athletes accept that skills and recognize that skills are actually learned and have an impact on their performance. 2) There must be a quality training program to self-talk skills training. This research consisted of 3 steps: Step 1 – Breathe completely to give athletes muscle relaxation and various pressures to adjust the state of the body to be ready and relaxed.

Step 2 – Breathing exercises to keep athletes calm so that they can stop thinking about everything and be ready to deliberately perceive the words they want to say to themselves intentionally. In a mentally focused state, athletes will have better positive words. And step 3 – talking to yourself, get athletes to say the words they want, such as “I know I can .....” add or say something that will reinforce their strength. Focused on the Korfball skills. In this study, the researches conducted a total of 8 weeks. It was found that athletes who received self-talk skills had increased confidence than those who did not. Self-confidence was increased after 8 weeks, indicating that a self-talk program can increase self-confidence in athletes. This was consistent with the research hypothesis: that athletes who received self-talk skills training had difference self-confidence after self-talk skills were trained. In a study on the effect of self-confidence by self-talk skills training on Korfball shooting anxiety, the research found that athletes who were received self-talk skills reduced somatic anxiety and cognitive anxiety. Anxiety is a feeling in response to an impulse. It's a feeling of repression and uneasiness. It is also a feeling of anxiety when the body is under high pressure. Therefore, anxiety can occur when the person perceives, think, or assesses that the event has more effect than his or her ability to perform, making the ability to perform badly.

This is consistent with a study [2] found that athletes with high anxiety experienced a week before the competition and 30 minutes before the competition. However, anxiety can change according to the results of the game and the situation. But usually the anxiety according to the situation before the competition is higher while training.

According to the results of the self-talk skill training affecting anxiety in Korfball shooting, it was found that when comparing differences in scores of anxiety within group who were trained

in self-talk skills between pre-test(Week 0) and post8(Weeks 8), the scores for somatic anxiety and cognitive anxiety were difference.

That's consistent with the research results [11] it was found that somatic anxiety and cognitive anxiety were increase before the competition, and compared to the group that did not receive self-talk skills. When looking at the value of anxiety between the experimental group and the control group, it was found that there was no difference in somatic anxiety in week 0. However, after weeks 4, it was found that there was difference in the group who received self-talk skills training (The experimental group) had less somatic anxiety than the control group. This may be the results of an experimental group that has been trained in self-talk skills, resulting in an increase in self-confidence in performing the shooting skills. Therefore, self-confidence increases, anxiety decreases and the ability to perform the skill is improved accordingly. Consistent with research by [12] studied of athletes in self-talk skills by analyzing the content of self-talk can affect to increased confidence, increased self-confidence, effort control, and controls the emotional perception and response, and also cause automatic playback.

When looking at the comparison of Korfball shooting skills between the group who received the self-talk skills training (experimental group) and the non-self-talk skills group (control group) showed that athletes with self-talk skills increased their ability in Korfball shooting skills than the group who did not receive the self-talk skills training either in pre-test (Week 0), post4 (Weeks 4), and post8 (Weeks 8), it was shows that the self-talk programs can increase the self-confidence in athletes and reduce anxiety to improve their ability to making score in Korfball sport.

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